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The movie made me drink, I swear

RESEARCH Watching films and ads in which alcohol features prominently drives people to immediately reach for the bottle themselves, Dutch researchers said today.

An experiment with students showed that volunteers exposed to a film and commercials where alcohol featured predominately drank an average one-and-a-half bottles of beer more during the hour they were watching.

The findings highlight a potential need to explicitly warn people — and parents — if movies contain alcohol use because such portrayals have a direct effect on drinking, researchers said. **REUTERS**

Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Auto
• In this time of penny pinching, the experts explain why you should

know the financial ins and outs of your insurance, pg 10

Workology

• What is it like to be the ones left behind after a layoff? Metro explores survivor syndrome, pg 14

Tomorrow
• We give you a few budget-friendly meals your whole family will love, and a local Meal for a Steal.



Cpl. Dale Carr, outside the RCMP headquarters in Vancouver yesterday, points out bullet holes in an SUV that was the target of a recent gang hit. Five people, including the alleged leader of the UN Gang, were arrested in connection with the drive-by shooting.

Arrests a hit to UN Gang

Alleged leader, 4 others charged in Feb. 16 drive-by shooting

KRISTEN THOMPSON
kristen.thompson@metronews.ca

The alleged leader of one of the Lower Mainland's most powerful gangs has been arrested along with four associates in what police said yesterday is a "major strike" against organized crime.

Barzan Tilli-Choli, 26, a known member of the UN Gang, has been charged with two counts of attempted murder in connection with a drive-by shooting in Surrey two weeks ago.

"One of the Lower Main-

land's number one threats to public safety has effectively been removed from circulation," RCMP Deputy Commissioner Gary Bass said at a press conference.



Tilli-Choli has been charged in connection with a Feb. 16 shooting where an associate of the Bacon brothers was shot at while driving a Range Rover in Surrey.

Three other people in the vehicle were unharmed. "It quickly became evi-

Attempted murder

- Aram Ali, 23, who police described as Tilli-Choli's lieutenant, and Nicola Cottrell, 23, were arrested and charged with two counts of attempted murder in the Feb. 16 shooting.
- Sarah Jane Trebble, 28, and Karwan Saed, 32, face lesser charges.

dent that this went well beyond this single targeted attack and beyond the borders of Surrey," Bass said.

Investigators in that shooting integrated with an

already existing joint forces operation called Project Rebellion.

Vancouver police Chief Jim Chu said yesterday's announcement is one of the main reasons he became a police officer.

"It's the satisfaction of being able to say, 'We caught the bad guy,'" he said. "This is just the start. (In) the near future we'll be announcing more gang arrests. The tide is starting to turn."

Rash of gang violence in Vancouver linked to Mexican drug wars at metronews.ca/canada

'Suspicious' blaze severely burns boy

BURNABY An eight-year-old boy remains in children's hospital suffering from severe burns to more than 75 per cent of his body after a "suspicious" apartment fire in Burnaby.

Firefighters arrived at the building shortly before midnight on Monday to see the lobby fully engulfed in flames and people jumping out of windows.

Three other people, including a 90-year-old woman, were taken to hospital suffering from burns and smoke inhalation.

Matt Hall, 32, who lives in the building, said he didn't hear a fire alarm and was awoken by a woman "pounding" on his door.

"At first I was under the impression that was a false alarm, but after seeing the smoke I went back and got my cat," Hall said. "I heard people panicking, screaming and jumping out of the second floor window and landing on the cars below."

The eight-year-old was rescued from the building by firefighters who treated him on the lawn as the fire raged.

DOMINIQUE ARMAND
/FOR METRO VANCOUVER



Firefighters give first aid to an eight-year-old boy severely burnt in a Burnaby fire.

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Some towns have all the luck

Rod Stewart is coming to GM Place as part of a limited-engagement tour on Aug. 8. The long-time crooner will be singing hits from the past four decades. Tickets go on sale Monday morning at 10 a.m. through Ticketmaster and range in price from \$49 to \$149. **METRO VANCOUVER**

Local



Dutch delight at art gallery

The largest exhibition of 17th-century Dutch masters, including major paintings by Vermeer and Rembrandt, left, is coming to the Vancouver Art Gallery this summer. The exhibition begins May 10 and is a collaboration with the Netherlands's Rijksmuseum.

METRO VANCOUVER



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Legal group against handcuff restraints

LAW Vancouver police should put fetters on the use of painful jail-cell restraints, the Pivot Legal Society argued yesterday. Pivot, which has lodged a formal complaint with the Vancouver Police Board, said it had received three complaints from people claiming they were bound at their hands and their feet and left in jail cells for long periods of time. **METRO VANCOUVER**

Abbotsford resident victim in shooting

MURDER Sukhwinder Dhaliwal, 32, of Abbotsford, was identified by police yesterday as the victim of Monday's gang-style targeted shooting along Highway 10 in Delta. Sukhwinder Dhaliwal was discovered laying on the ground outside a 2005 grey Cadillac with fatal gunshot wounds at 6:40 p.m. near the entrance to the Delta Golf Course. **METRO VANCOUVER**

Looking for good people

Olympic organizers search for 4,500 performers

VANCOUVER
2010 Games

JEFF HODSON
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Olympic organizers are looking for 4,500 dancers, athletes and performers to take part in the spectacle of the 2010 opening and closing ceremonies.

Wendy Tynan was 10 when she took part in the opening ceremonies at the 1988 Calgary Games.

"The true memories are in my heart," said Tynan, who displayed her 1988 uniform, a sequined cornflower blue outfit complete with legwarmers and silver high-tops.

"It is an amazing experience and I would encourage anyone with the time, the energy and the talent to take part in the ceremonies ... it will be a wonderful experience that will stay with you always," she added.

Online

- To apply, visit vancouver.2010.com/ceremonies.



Wendy Tynan shows off her uniform from the opening ceremonies of the 1988 Calgary Olympics at the Roundhouse Community Centre in Vancouver yesterday. Olympic organizers are looking for 4,500 performers for Games ceremonies.

David Atkins, the executive producer of the ceremonies, said he is looking for people with a wide range of abilities — dancers, actors, musicians and athletes, as well as people with special skills and enthusiasm. "There are three sorts of

people in the world: Those that make things happen, those that watch what happen and those who wonder what happens. Today is the chance to join that first group."

Auditions will take place in May and June and rehearsals will begin in No-

vember. Applicants must be 17 or older as of May 1. VANOC CEO John Furlong said the ceremonies will be memorable.

ShareYourViews

vancouverletters@metronews.ca

News in brief

GOLDEN A Quebec man who got lost in the B.C. backcountry mountains with his wife is questioning why the RCMP ignored multiple SOS signals until nine days into their ordeal, CBC News Online reports. Gilles Blackburn, 51, survived, but his wife died of hypothermia.

SHOOTING Three men brandishing weapons entered a jewelry store, smashed display cases and stole a small quantity of merchandise, Vancouver police said yesterday. The robbery occurred just after 11 a.m. at Kobe Pearls International. **METRO NEWS SERVICES**

metronews.ca
What's online today.

Video 'Failure at all levels' led to botched breast cancer tests in Newfoundland at metronews.ca/Canada
Analysis Rash of gang violence in Vancouver linked to Mexican drug wars at metronews.ca/Canada
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Richmond RCMP have launched a "bait locker" program targeting theft from changerooms of various community centres across the city. The program will see random lockers equipped with alarms that will notify staff when one has been broken into. **METRO VANCOUVER**

Officer grilled in Taser probe

SAM SMITH
for Metro Vancouver

The RCMP officer who Tasered Robert Dziekanski was grilled and accused of a cover-up during a public inquiry yesterday.

The accusation stems from Const. Kwesi Millington's own statement to investigators and his officer's notes clashing with video of the incident.

In Millington's original statement, he claimed Dziekanski was yelling as police approached, was waving a stapler around and had shocked him three times before the four officers could wrestle him to the ground.

Since reviewing the video, Millington now says Dziekanski was not yelling, was not waving the stapler and collapsed after just one jolt.

He has since re-evaluated his actions that day. "I would have reassessed the deployment after the second time," Millington said. "I would change the assessment process since seeing the video yesterday."

But he still believes he responded correctly.

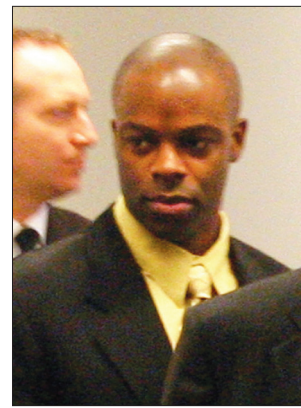
"He was sweating, eyes were wide, breathing somewhat heavily, I got the impression he was agitated," Millington said. "He

was moving toward the other officers and I feared for their safety."

But Walter Kostecy, Dziekanski's mother's lawyer, disagreed. "You didn't assess, did you," Kostecy said, adding the Mountie didn't follow RCMP training.

Millington maintained he reacted appropriately.

"I acted within my training, but I never intended for those end results."



RCMP Const. Kwesi Millington returns to a federal courtroom to be cross-examined at the Braidwood Inquiry yesterday.

Coleman B.C.'s homelessness initiative head

JEFF HODSON
jeff.hodson@metronews.ca

Housing Minister Rich Coleman was named as the province's homeless czar yesterday to co-ordinate provincial and local social housing, as well as support services like health and income assistance.

The Homelessness Intervention Project aims to reduce chronic homelessness by aligning several ministries, health authorities and non-profits.

"We must co-ordinate our resources and use them as effectively as possible so that homeless British Columbians obtain the full benefit," said Coleman in a release. "Through greater collaboration, we can ensure our efforts go further and work faster to target assistance where it is needed most."

Cross-agency teams will find housing and support services for the chronically homeless by co-ordinating resources, data, and client information. They will also identify gaps in existing services.

Homeless will get priority access to health and social services in Vancouver, Surrey, Victoria, Kelowna and Prince George.

Last month, Vancouver Chief Const. Jim Chu released a paper called Project Lockstep calling for the creation of a czar to co-ordinate homelessness initiatives in the Downtown Eastside.

One man dead, one injured in boat capsizing

FRASER RIVER A Maple Ridge man has died and another has been taken to hospital after their boat capsized in the Fraser River in what police say might have been a drinking-and-driving accident.

Crew onboard the Albion Ferry called police on Monday night and immediately tried to help the men, RCMP said yesterday.

One of the two occupants of the boat managed to climb back on board and wave for help.

The ferry took him to the Albion Ferry dock. The 44-year-old Maple Ridge resident was then transported to Ridge Meadows Hospital.

The body of the second victim was found a short distance downstream, floating in the river.

METRO VANCOUVER

Man accused of \$10M scam to return from U.S.

FRAUD An investment adviser charged with planning a multimillion-dollar fraud in B.C. has agreed not to fight extradition from the U.S., officials said yesterday.

Ian Thow waived his right to an extradition hearing during an appearance in U.S. District Court in Seattle although no date has been set yet for his return to Canada, according to the RCMP.

Thow, who was arrested last month in Portland, remains in U.S. custody.

He faces 25 counts of fraud for allegedly stealing \$10 million from clients in Victoria from 2003 to 2005, by getting them to spend money on non-existent investments. He fled to the United States in 2005 when accusations of wrongdoing became public.

REUTERS

More damaged trees useable with new maps

ECOLOGY The province has created new maps to identify areas for harvesting and reforestation of pine beetle-attacked trees.

The project will be used to extend the economic shelf-life of attacked stands, to harvest more dead pine and fewer green trees and to accelerate regrowth, according to Forests and Range Minister Pat Bell.

"These new maps are an important planning tool to help us extract more value from our beetle-attacked stands and regenerate our forest resource," Bell said yesterday.

The ministry also revised its estimate of the length of time that dead pine stands can be economically converted to lumber. The new estimate is an average shelf-life of eight to 12 years — four years more than originally thought. **METRO VANCOUVER**

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Port Coquitlam gun shop raided, owners handed firearms charges

GUNS The owners of a Port Coquitlam gun shop have been arrested after police raided the store and seized a large stash of allegedly illegal weapons.

Shahriar Tavazoie, who owns Sureshot Tactical and Hunting shop, and his partner Maryam Behagn were arrested Friday and

the store was shut down, CBC News Online reports. Authorities allegedly found high-powered illegal weapons on site.

The owners face a slew of charges, including importing or exporting prohibited firearms and illegal possession of weapons for transfer. **METRO VANCOUVER**

News in brief

ARSON A 46-year-old Vancouver man is charged in relation to a suspected arson, Vancouver police announced yesterday. Blake James Smith is accused of starting a fire on Sunday that was put out by a passing woman and her son.

RESCUE A man with kite-surfing experience in Hawaii is being credited with alerting the Coast Guard to a local surfer in

trouble on Boundary Bay in high winds yesterday, news1130.com reports. The surfer's limbs were numbed by the cold, which the Hawaiian recognized and called for help.

CONTEST Two Vancouverites are finalists for the contest "The Best Job in the World," news1130.com reports. Around 35,000 applied for the position. **METRO NEWS SERVICES**

Man pleads not guilty in bus beheading trial

Believing he was acting on orders from God, Vincent Li allegedly attacked a stranger on a Greyhound bus in Manitoba last summer, mutilating his victim before decapitating him and cannibalizing part of the body. Li pleaded not guilty yesterday in Winnipeg to a charge of second-degree murder. **CBC NEWS ONLINE**

Canada



Former speaker dead at 73

Gilbert Parent, the former Liberal speaker of the House of Commons, died Monday night at the age of 73. Parent, who had represented a riding in Ontario's Niagara region, was speaker from 1994-2001. He had battled a lengthy illness. Known as "Gibby," Parent was elected to Parliament in 1979 and 1980, but lost his seat during the Conservative sweep in the 1984 federal election.

CBC NEWS ONLINE

Abused dog now thriving in Vermont

PETS Michou, a Quebec poodle who was left in a frozen car for 19 days, is thriving with new owners, an animal control officer for the state of Vermont said. Michou lost more than half his body weight as he sat starving and dehydrated in the freezing cold and was near death inside the van of his Quebec owner, who had flown off from the Burlington, Vt., international airport.

TORSTAR NEWS SERVICE

News in brief

CRASH A teacher and an area couple who died in a horrific crash on a B.C. highway have been identified. An SUV carrying four adults collided head-on with a semi-truck near Kamloops Sunday morning. Driver, 55-year-old Brian Warwick, Lizabeth MacDonald, 52, and David MacDonald, 57, were killed. **METRO EDMONTON**

Nova Scotia Winter wallop



BRAD WORSK/AMHERST DAILY NEWS

A man and his dog traverse the sidewalk in downtown Amherst, N.S., yesterday morning. Thousands of people in the Maritimes are without power following a night of freezing rain.

System ripped over inmate's suicide

Mentally ill teenager's death preventable: Report

The federal government and others have a responsibility to finally answer Ashley Smith's desperate cry for help, Canada's correctional investigator Howard Sapers says.

Sapers presented his A Preventable Death report yesterday with "considerable sadness and frustration" and emphasized the deeply troubled Moncton, N.B., teenager's death in a Kitchener prison was another example of the systemic failures of the federal prison system.

The 19-year-old Smith, described as mentally ill and suicidal, bounced around the federal prison system until she "needlessly" died by her own hand in October 2007 while prison staff stood by

Moved around

- Ashley Smith was an inmate at the Grand Valley Institute for Women in Kitchener, Ont., when she committed suicide on Oct. 19, 2007. She had been in the federal correctional system about 11 months and had been transferred 17 times, serving including two stints at the Grand Valley site.

and watched, Sapers told a press conference.

"I urge the federal, provincial and territorial government to develop a national strategy to ensure better co-ordination among correctional and mental health systems nationwide," Sapers said.

"Simply and sadly put, if not for the glaring void of

mental health services for children, youth and offenders in Canada, Ashley Smith would likely never have ended up in a federal penitentiary where she ended her life," he said.

Public Safety Minister Peter Van Loan said many changes have recently been made in the corrections system.

"Correctional Service of Canada has taken significant steps as part of its transformation exercise to better respond to the needs of offenders with increased mental health needs," he said in a statement.

Van Loan said the federal correctional service implemented an early mental-health screening process.

TORSTAR NEWS SERVICE



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Number's up for Super 7 lottery

New game has 'big jackpots': Spokesperson

It is only 15, but Lotto Super 7 is ready for retirement.

A new and yet-to-be-named game is waiting in the wings, the Ontario Lottery and Gaming Commission announced yesterday. The new national lottery will include "big jackpots and more millionaires than ever before," said spokesperson Rui Brum.

The final Super 7 drawing will be Sept. 18. If no one has all seven numbers, the final jackpot will be split among the holders of tickets with six numbers.

The new game will be-

Serious money

• The Super 7's biggest-ever jackpot was \$37.8 million on May 17, 2002. It was split four ways. The Super 7's main competitor, Lotto 6-49, has had larger jackpots.

gin the following Friday.

Brum said the change comes after the Interprovincial Lottery Corp. interviewed more than 20,000 lottery players to find out what they wanted. "They were asking for big jackpots and more millionaires."

The troubled economy

did not factor into the decision. "No, not at all," he said. "We find that the prime determinate for player participation in the lottery is the jackpot size."

Brum said bigger jackpots will not make the game harder to win. "The odds are always the same, no matter what the jackpot is," he said. But he would not say how the OLG planned to make the jackpots bigger.

Since Super 7 was launched in June 1994, it has generated sales of \$11.44 billion, with players winning \$6.73 billion.

TORSTAR NEWS SERVICE

News in brief

REPORT Fishing crews continue to put themselves at risk by heading out to sea in small, unstable boats, the Transporta-

tion Safety Board said yesterday in two accident reports that highlight ongoing regulatory deficiencies and the

industry's weak "safety culture," which largely causes recurring problems.

CBC NEWS ONLINE

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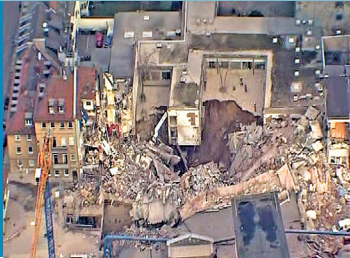
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Weight-loss surgery beats diabetes: Study
The most common form of diabetes disappears in nearly 80 per cent of obese diabetics after weight-loss surgery, researchers said yesterday. **REUTERS**

World



German archive collapses

A multi-storey building containing thousands of historical records collapsed yesterday into a heap of rubble in the city of Cologne, Germany, injuring at least one person and possibly trapping others. German media said the collapse may have been sparked by work on an underground train line, though authorities could not confirm this. **REUTERS**

Clinton still sees Palestinian state

No other way to end bloodshed, U.S. says

A Palestinian state, Hillary Clinton said yesterday, is in Israel's best interests.

Many Israelis, not least supporters of the likely incoming government, do not see it that way. And many Palestinians are giving up hope that continuing the U.S.-backed "peace process" can deliver them the independent state Clinton is talking about.

On her first visit to Jerusalem as U.S. secretary of state, Clinton's assertion that "a two-state solution is inescapable" was pointed. Incoming prime minister Benjamin Netanyahu is

"The headline of 'two states for two peoples' may have to be interpreted in different ways."

Zalman Shoval, Likud

strenuously avoiding committing to a Palestinian state as he tries to form a ruling coalition.

Her comments reflect near-unanimity among western diplomats that there is no other way out of 60-odd years of bloodshed.

Netanyahu is not opposed to Palestinian statehood, but says it should have limited sovereignty and not be the guaranteed outcome of negotiations. The formulation "two states for two peoples," used by Israeli, Palestinian and U.S. leaders who relaunched talks at Annapolis in 2007 is not one he favours.

"The headline of 'two states for two peoples' may have to be interpreted in different ways," said Zalman Shoval, foreign relations chief of Likud. **REUTERS**

New York

Welcoming U2 Way



Members of rock band U2, Adam Clayton, right, Bono, centre, and Edge, second from left, hold street signs after a portion of West 53rd Street was renamed U2 Way in New York yesterday. U2's new album No Line On The Horizon was released yesterday. **REUTERS**

Police seek cricket team's attackers

AMBUSH Pakistani police hunted for gunmen who mounted the bold attack on Sri Lanka's cricket team in Lahore yesterday and officials scrambled to figure out who was behind it.

The attack that killed eight people, six of them Pakistani police, plunged Pakistan into a "state of war," Rehman Malik, the prime minister's interior adviser, said.

Six members of the Sri Lankan team and a British coach were wounded in the daylight attack as their bus approached the cricket stadium.

None was so seriously hurt they had to be left behind when the squad departed for Colombo yesterday night. **REUTERS**

News in brief

MEXICO Hundreds of soldiers fanned out across Mexico's bloodiest drug war city of Ciudad Juarez yesterday, trying to prevent a collapse in law and order. **REUTERS**

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Performing Arts Print Futures : Professional Writing	Tues, Mar 17	5pm	1808
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Commerce and Business Administration Accounting ▶ Business Administration ▶ Business Management ▶ Computing Science and Information Systems ▶ Financial Services Management ▶ Hotel and Restaurant Management ▶ Marketing Management ▶ Office Administration	Thurs, Mar 19	5pm	2201
Performing Arts Music ▶ Stagecraft ▶ Theatre	Thurs, Mar 19	5pm	2201
Science and Technology Animal Health Technology ▶ Physical Education and Coaching ▶ Physical Education Instruction (for teachers) ▶ Sport Science	Thurs, Mar 19	5pm	2201
University Transfer Arts & Science	Thurs, Mar 19	5pm	2201
Child and Youth Care (Bachelor's Degree)	Thurs, Mar 19	5pm	1620
Child, Family and Community Studies Disability and Applied Behaviour Analysis ▶ Bachelor of Community Rehabilitation	Thurs, Mar 19	5pm	1630

DAVID LAM CAMPUS COQUITLAM	DATE	TIME	ROOM
Child, Family and Community Studies Aboriginal Child and Youth Care ▶ Behavioural Interventionist ▶ Child and Youth Care Counsellor ▶ Classroom and Community Support ▶ Community Social Service Worker ▶ Early Childhood Education ▶ Therapeutic Recreation ▶ Youth Justice	Tues, Mar 17	5pm	A1470
Commerce and Business Administration Accounting ▶ Business Administration ▶ Business Management ▶ Computing Science and Information Systems ▶ Financial Services Management ▶ Hotel and Restaurant Management ▶ Marketing Management ▶ Office Administration	Tues, Mar 17	5pm	A1470
Health Sciences Dispensing Optician ▶ Health Care Support Worker ▶ Health Information Management ▶ Nursing ▶ Psychiatric Nursing	Tues, Mar 17	5pm	A1470
Performing Arts Music ▶ Stagecraft ▶ Theatre	Tues, Mar 17	5pm	A1470
Science and Technology Physical Education and Coaching ▶ Sport Science ▶	Tues, Mar 17	5pm	A1470
University Transfer Arts & Science	Tues, Mar 17	5pm	A1470

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The one feel-good story

Aussie tourism contest helping to warm up a dreary winter

The WestView



The news is pretty grim these days (that's an understatement), but if you haven't heard about The Best Job In The World, you're missing the one news story on the planet guaranteed to make you feel better and get you through the rest of this #\$\$^&*! winter of '09.

Back in January, someone in the Queensland Department of Tourism had an inspired idea. What if we start a job search for the best job in the world? And so they did, and they're not kidding. Based on all criteria and the Geneva Convention, this is the best job in the world.

It's a six-month contract for a "caretaker" for the Islands of the Great Barrier Reef.

The successful applicant basically plays tourist on some of the world's most beautiful tropical islands, is required to blog about their experience once a week, and gets paid the equivalent of about \$124,000 for the, um, task.

You're immediately tempted to ask, "what's the catch?" And those clever Aussies have that one listed in their website's FAQ, under "Is this a real job?" assuring visitors that yes, it is and no, there is no catch. Just apply, mate.

Sadly, while I was dreaming about refilling the towel dispensers on Daydream Island, just one of the 900 islands in the world's largest coral reef system, 34,684 real applicants got busy and sent in their applications, which include a one-minute video. So many people just wanted to bang on their

drum all day, they crashed the site.

Tourism Queensland has just announced the top 50 applicants and the lucky 50 and their videos are posted on www.islandreefjob.com. You can vote for your favourite, and the applicant with the most votes gets an interview along with 10 others selected by Tourism Queensland. It is a "real job," after all.

Of course, anyone can see through all this malarkey. It's just the most clever tourism promotion ever. And it doesn't hurt that it's the antidote to the worst winter in the worst economy in decades.

Maybe that's why such a disproportionate number of the final 50 are Canadians. Desperation breeds creativity. Three are from B.C., one is from Alberta and two are from Ontario.

Anny Chih of Vancouver gets big marks for her irre-

sistibly cute video, but Mitchell from Ontario is the Canadian to beat. He staged a musical job application on a busy downtown street with a cast of dozens that rivals the best of Broadway. Mamma Mia!

So most of us aren't going to get the job of island caretaker, but at least we can vote for our choice. Maybe they'll send us a sack of sand in gratitude. We better roll up our sleeves, though, because Mitchell's currently in second place behind Julia, the Russian Bond girl, who is way out in the lead with 4005 votes and counting.

Then again, maybe you'd consider a write-in campaign for me, your favourite columnist.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

VideoOnline

Check out one of the video applications online at metronews.ca/thewestview

LEADERSHIP IN AN ERA OF ECONOMIC UNCERTAINTY:



Metro Online Poll Results

29% SAID YES

Do you think the Mounties who confronted Robert Dziekanski acted appropriately?

71% SAID NO

Weigh in on today's question at metronews.ca

Worth mentioning

U.S. scientists no longer 'endangered'

ENVIRONMENT U.S. President Barack Obama yesterday directed U.S. government agencies to consult with scientists before taking action that could harm endangered species, rolling back last-minute rules put forward by former president George W. Bush.

Obama, a Democrat who has spent much of his first six weeks in office undoing policies of his Republican predecessor, signed a memo urging agencies such as the Department of Transportation to consult with government scientists before pursuing projects that could hurt threatened animals.

"Today I've signed a memorandum that will help restore the scientific process to its rightful place at the heart of the Endan-

gered Species Act, a process undermined by past administrations," Obama said to applause.

"The work of scientists and experts in my administration ... will be respected. For more than three decades, the Endangered Species Act has successfully protected our nation's most threatened wildlife, and we should be looking for ways to improve it — not weaken it."

Representative Edward Markey of Massachusetts, who chairs a Congressional committee on energy independence and global warming, welcomed the move.

"Today proves that, under an Obama administration, scientists are no longer an endangered species," he said in a statement.

REUTERS

Word on the street: Aside from your mother, who is the most influential woman in your life?

Ken Bell

age 21, Vancouver

A: My Grandmother. After being through the war and losing several relatives, she still finds a way to stay positive.

Clementine Iweh

age 44, Vancouver

A: My choice is Oprah. She's an inspirational lady and touches everybody from various ethnic groups and she's a philanthropist.

Ellen Luchkow

age 24, Vancouver

A: I will have to say my dance teacher because she is a powerful woman and very influential in the dance community.

Robert Talbot

age 27, Ottawa

A: My wife, because she's a very intelligent person and helps me make decisions when I'm sitting on the fence.

Tara Town

age 23, Toronto

A: My best friend ... We grew up together and ... she just knows me a lot more than all the other friends.

Nikki Kimmel

age 19, Calgary

A: Helen Keller. She just had to battle so much and had so much willpower.



It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Former HP chief has breast cancer surgery

Former Hewlett-Packard co-chief executive and high-profile Republican Carly Fiorina had breast cancer surgery on Monday, and hopes to be recovered within months. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

DOLLAR		
	C\$	77.45¢ US
	US\$	\$1.2911
	0.01¢	

OIL	
	\$41.65 US
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Banks remain profitable

Canada's banks remained profitable even as the global financial crisis deepened, but results from two big players show bad loans on the upswing.

Bank of Nova Scotia, Canada's third-largest lender, reported weaker earnings per share yesterday as provisions for bad loans more than doubled and its payout of preferred share dividends rose.

Bank of Montreal, the No. 5 lender, reported a 12 per cent fall in net income, hurt by charges tied to volatile capital markets and an 86 per cent jump in provisions for credit losses.

"Although the core results are doing fine, we have a continued deterioration of credit quality, which

Bank of Canada cuts key rate

- The Bank of Canada cut its main interest rate to a record low yesterday and signalled it may take extra steps to pump money into a system that remains stubbornly short of credit. The bank reduced its key overnight rate by a half point to 0.5 per cent.

is going to be the focus of the market going forward," said John Aiken, an analyst at Dundee Capital Markets.

"(Earnings) more than likely are going to stay positive, but they're going to be lower than where we stand today because of credit losses."

Canadian banks, routinely ranked as the world's soundest, have remained profitable despite a crisis that has pushed many U.S. and European institutions to the brink of insolvency.

Analysts credit conservative lending practices for the stronger performance, and for helping Canadian banks avoid the massive write-downs and losses seen in other countries.

BMO and Scotia were the last of the Canadian Big Six to report results for the quarter that ended Jan. 31.

Canadian banking shares rallied last week after four of the Six — Royal Bank of Canada, Canadian Imperial Bank of Commerce, National Bank of Canada and

Toronto-Dominion Bank — surprised investors with stronger-than-expected profits.

Analysts said the Scotiabank and Bank of Montreal results were reasonably solid.

Shares of Scotiabank rose initially, before easing late morning as the overall market turned negative.

The shares were down 25 cents at \$26.78 by late morning. Bank of Montreal, also positive early on, was down 14 cents at \$26.87.

Scotiabank, Canada's No. 3 bank by market capitalization, reported net income of \$842 million, or 80 cents a share, down from \$835 million, or 82 cents share, a year earlier.

REUTERS

Fed chair defends latest AIG bailout

BAILOUT U.S. Federal Reserve chairman Ben Bernanke yesterday defended the government's latest bailout of embattled insurer AIG, telling irate lawmakers that he was also angry, but that the failure to act could have triggered an economic disaster.

Pressed by a Senate committee to justify the latest in an expanding series of bailouts for American International Group, Bernanke said there was no alternative, even though the company had been irresponsible.

REUTERS

In brief

MINING Toronto-based Vale Inco, the nickel mining and processing division of Brazil's Companhia Vale do Rio Doce, said yesterday it will eliminate about 900 full-time jobs in the face of slumping prices, with 423 of the cuts at its Canadian operations.

STOCKS Shares of Magna Entertainment will be delisted from the Toronto Stock Exchange as of April 1, the besieged horse racing and gaming company said yesterday, after it failed to meet the exchange's continued listing requirements.

REUTERS

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Metro Drive

Prius tops again

Despite the arrival of more gasoline/electric hybrids, the Toyota Prius took Consumer Reports' top "green" award for the sixth straight year, Canadian Driver reports. Other 2009 top picks included Hyundai Elantra SE for small sedan and Toyota RAV4 for small SUV.

METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Fusion growing green

JILL MCINTOSH
for Metro Canada



My Ford Fusion is sprouting leaves. The gauge starts with a branch, and as I drive along with my foot as light as possible on the throttle, the greenery starts to grow. Eventually, I'm rewarded with a forest for my fuel-miserly method.

Naturally, this is no ordinary Fusion. Ford's midsize sedan is overhauled for 2010, with all receiving new engines and six-speed automatic transmissions. My ride, the Fusion Hybrid, is the first time it's been offered as a gasoline-electric hybrid.

It uses a 2.5 L four-cylinder engine with electric motor, nickel hydride

(NiMH) battery pack, and a continuously variable transmission (CVT). The combination produces 155 horsepower and 136 lb-ft of torque.

It's a "full" hybrid and can run on electricity alone, something its only domestic competitor, the Chevrolet Malibu/Saturn Aura Hybrid, cannot. Ford says it'll stay on battery power alone at speeds up to 75 km/h. As with every current factory hybrid, the Fusion Hybrid doesn't get plugged in, but uses energy from braking to recharge the battery.

Although the Hybrid's exterior doesn't look any different from its conventional siblings, save for its badges, the instrument cluster contains Ford's new "Smart Gauge," including a system it calls EcoGuide. Two LCD

2010 Ford Fusion Hybrid

Type: Mid-size hybrid sedan
Price: Not available
Engine: 2.5 L four-cylinder engine with electric motor, nickel hydride (NiMH) battery pack
HP: 155

Highlights

- Eco-friendly and fuel efficient
- Improved interior

screens on either side of the speedometer are configurable through wheel-mounted buttons to four levels. Each adds information, starting with the simplest display of fuel and battery charge status; from there, you can add items such as a gauge to show

when the car's running on electricity, power consumption from accessories, power output, and the foliage feature. It's gimmicky, but it's fun: Drive more economically, and the branches sprout more leaves, while a lead foot makes them fall off.

A hybrid has to work as a driving machine too, and for that, Ford's done a very good job. The switch from gasoline to electric is seamless, and the car is very quiet. Steering is responsive, highway performance is fine, and when needed, it's very peppy and has power for highway passing.

The new styling is handsome, and the interior is a considerable improvement over the outgoing model in quality of materials and workmanship.

Driving down insurance costs

MARK ATKINSON
for Metro Canada



Riding the Recession

Vehicle insurance can be one of the most expensive portions of your yearly budget, and one of the most frustrating to understand. There are a few things we can do to change our situation, both for new car buyers and existing owners. While it may only end up being a savings of \$50, in these touchy economic times, that \$50 can go a long way.

Andrew Wicken, general manager of InsuranceHotline.com, says that shopping around is the easiest way to try and save money. The services provided at InsuranceHotline.com include the option to compare up to 30 different quotes from various insurance companies across Canada.

"While the coverage itself remains the same, the difference comes from how those companies internally deal with risk and other factors," Wicken said.

David Hackett, of Markham, Ont.-based Buckley Insurance believes that when it comes to factors directly influencing the quote, things like location and vehicle type perhaps are the most obvious ones, although being a better driver certainly helps as well.

"Keep a clean driving record," he said. "Seeing the number of tickets and charges on your licence is extremely easy for an insurance company to do nowadays, and that usually leads to higher rates."

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Avery back on Broadway

Sean Avery's return to the NHL was finalized yesterday, as the New York Rangers claimed him off re-entry waivers from the Dallas Stars. **METRO NEWS SERVICES**

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Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Canucks battle back

SCOTT RINTOUL
for Metro Vancouver

NHL RESULT**Wild 2 Canucks 4**

THE SKINNY: Alex Burrows scored two goals and Steve Bernier sniped the game-winner as the Canucks overcame an early 2-0 deficit to win for the eleventh time in thirteen outings. Pavol Demitra scored the other Vancouver marker in a dominant second period that saw the Canucks outshoot the Wild 16-4.

THE DEAL: Prior to the game, Burrows signed a contract extension that will keep him in Vancouver for the next four years for a total of \$8 million.

THE STAT: The Canucks are 12-3-0 this season and 25-8-2 all-time when Burrows scores a goal.

THE SHIFT: Midway through the middle frame, the Sedins, Burrows, Willie Mitchell and Alex Edler kept the puck in the offensive zone for over 100 seconds, despite the fact the Canucks were not on the power play. Though no goal was



Minnesota Wild forward Dan Fritsche is hit by Vancouver Canuck Shane O'Brien during the second period in Vancouver last night.

scored, the effort earned a standing ovation.

THE RATING: Though Wild games are rarely entertaining, the home side forced the issue and made this game extremely

watchable. 4 out of 5 stars.

THE NEXT GAME: It's a Western Conference litmus test this Saturday when the league-leading San Jose Sharks invade GM Place.

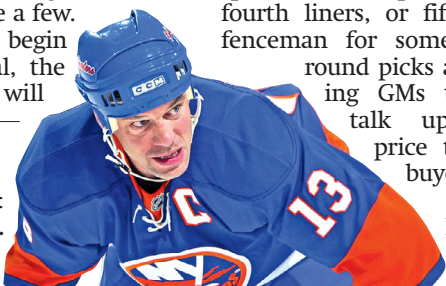
Deadline day comes but once a year

NHL Coffee brewed, scouting charts laid out, and lists of wants and needs neatly organized, the general managers of the NHL's 30 teams will meet in boardrooms across North America this morning for the trade deadline.

Around them will be their confidantes, assistants and scouting directors ready to dial the phones, buzz the BlackBerry, text the messages, e the mail.

Reputations will be carved, saviours will be anointed, nerves will be frayed, and regrets — there'll be a few. If things begin as normal, the morning will

Bill Guerin remained in limbo at press time.



The players

Most likely to be traded

- C Bill Guerin, Islanders
- D Derek Morris, Coyotes
- D Filip Kuba, Senators
- C Tim Connolly, Sabres
- G Pascal Leclaire, Blue Jackets
- C Olli Jokinen, Coyotes

Don't be surprised

- C Jason Spezza, Senators
- RW Marian Gaborik, Wild
- C Jordan Staal, Penguins

- D Brian Campbell, Blackhawks
- F Brian Gionta, Devils

Also available

- F Sergei Kostitsyn, Canadiens
- LW Mason Raymond, Canucks
- RW Kris Chucko, Flames
- C Rob Schremp, Oilers
- G Erik Ersberg, Kings

go slowly from a public perspective: Perhaps a few fourth liners, or fifth defencemen for some low-round picks as selling GMs try to talk up the price to the buyers. Behind the

scenes, organization quickly descends into chaos. Deals talked about for weeks can be thrown out, while deals born one minute can be consummated 10 minutes later.

Once the first big domino falls — Chris Pronger? Tomas Kaberle? — there will be a rush of deals to the noon deadline.

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Ecuador 12.9 ¢	Oman 17.9 ¢
Egypt 14.9 ¢	Philippines 11.9 ¢
Guyana 29.9 ¢	Saudi Arabia from 3.9 ¢
Iraq from 4.9 ¢	Sri Lanka 11.9 ¢
Jordan 4.9 ¢	U.A.E 19.9 ¢
Kenya from 6.9 ¢	U.K. 2.9 ¢
Kuwait 6.9 ¢	U.S.A 2.9 ¢

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Miami out of MLS expansion race

MLS Major League Soccer, FC Barcelona, and Marcelo Claure have jointly agreed that Miami is no longer a candidate to be one of the next two MLS expansion teams. After extensive discussions and collaborative evaluation, a decision was made that it was determined that it was not feasible to launch a MLS team in South Florida in 2010 due to current market conditions.

METRO NEWS SERVICES

More audition than exhibition

Canada 6 Blue Jays 4



Before yesterday's 6-4 win over the Blue Jays, Team Canada manager Ernie Whitt wondered how he would distribute three exhibition games among just 13 pitchers.

He might have to manage

playing time behind the plate just as carefully.

Speaking to reporters after yesterday's game, Russell Martin, Canada's starting catcher, mentioned that he's still recovering from a mid-foot sprain. Martin says the foot is almost back to normal after nearly three weeks of rehab, but said the lingering injury still limits his defensive mobility.

"It's 100 times better than

Koskie leads way

• In his first game since suffering a career-threatening concussion in 2006, Corey Koskie scored three runs for Canada yesterday.

what it was," said Martin, a two-time all-star with the L.A. Dodgers. Martin's sore foot adds another variable to a team with an already

depleted pitching staff.

The absences of Ryan Dempster, Rich Harden and Erik Bedard leave yesterday's starter, Blue Jays hopeful Scott Richmond, as the anchor of an inexperienced staff. Yesterday Richmond surrendered four hits and two runs to a Jays lineup that included just two full-time big leaguers.

Still, Richmond says his arm is already strong enough to handle the tournament's first round, where starters are limited to 65 pitches.

After throwing 45 pitches against the Jays, he trotted to the bullpen and threw 20 more.

For Richmond, the game wasn't just a tune-up for the World Baseball Classic, but



North Vancouver's Scott Richmond threw two innings for Canada against his own team, the Blue Jays, yesterday.

part of his continuing audition for a spot on the Jays' rotation. **TORSTAR NEWS SERVICE**

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NBA Nash back in Suns lineup



Steve Nash passes against the Orlando Magic last night. Nash returned to the Phoenix lineup after missing three games with an ankle injury. The Suns lost to the Magic 111-99 as Dwight Howard out-battled Shaquille O'Neal.

SCOREBOARD

NHL									
WESTERN CONFERENCE					EASTERN CONFERENCE				
d-San Jose	42	10	9	93	Los Angeles	26	28	9	61
d-Detroit	42	14	8	92	Phoenix	27	31	5	59
d-Calgary	38	19	6	82	Colorado	28	35	1	57
Chicago	36	17	9	81	TONIGHT'S GAMES				
VANCOUVER	34	22	8	74	d-division leader				
Columbus	32	26	6	70	YESTERDAY'S RESULTS				
Edmonton	31	26	6	68	VANCOUVER 4 Minnesota 2				
Nashville	32	28	4	68	Calgary 6 Ottawa 3				
					Nashville 6 Edmonton 5 (OT)				
					New Jersey 3 Toronto 2 (OT)				
					Carolina 5 Washington 2				
					Chicago 3 Anaheim 2 (OT)				
Anaheim	31	28	6	68	Columbus 5 Los Angeles 4				
Minnesota	30	27	5	65	Detroit 5 St. Louis 0				
Dallas	29	26	7	65	Florida 4 Atlanta 3				
St. Louis	28	27	8	64	Philadelphia 4 Boston 2				

NBA

YESTERDAY'S RESULTS
 Houston 107 Toronto 97
 Charlotte 96 Chicago 80
 Detroit 100 Denver 95
 Golden State 118 Minnesota 94
 Indiana 117 Sacramento 109
 New Jersey 99 Milwaukee 95
 Orlando 111 Phoenix 99
 Memphis at L.A. Lakers

Metro Workology exclusive: Matters of the Heart

Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check for Workology on Mondays and Wednesdays and Metronews.ca/work as well.

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Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Picking up the pieces

Matters of the Heart

JON TATTRIE
for Metro Canada



The breakup of a family is a painful, messy business, and it takes a certain kind of person to thrive as an "undertaker of the legal profession."

Terry Sheppard, of Boyne Clark Family Law in Halifax, was drawn to the grim work because it gives him a chance to help people in hard times.

"Short of the loss of a loved one, this will be the most difficult things you go through in your life," he said. Guiding people to the other side is what keeps him coming into work every day.

He finds satisfaction

when the children have settled into the new arrangement, the house and finances are taken care of, and life can restart. "You see (clients) take a deep sigh of relief that they survived it."

Sheppard also likes sticking up for the little guy when a high-powered, income-earning spouse divorces a stay-at-home parent who's uncomfortable fighting in court. Sheppard gets to level the field.

"You've got to be able to deal with conflict and difficult people. If you want everything to be happy and rosy and sunshine, this job will eat you up."

He's focused on family law for a decade and says compartmentalizing life is critical to survival as a divorce lawyer.

"It's hard not to take it home with you but you can't, or you'll never be able

to function."

Andrew Feldstein of Toronto's Andrew Feldstein & Associates agrees.

"You see people at one of their absolute worst times in life, but in other times you are able to give them tremendous success and opportunity in life," the attorney said.

Winning back custody for a parent who had lost it gives him a "feeling of accomplishment that I think is difficult to beat in any other area of law."

Being objective is necessary, Feldstein explained. He's dealt with people who catch their partner cheating and find themselves being sued for spousal support.

"They think that's ridiculous, but you sometimes have to educate them and say, 'Well, you do have to pay spousal support.'"

"You need to know when to fight and when not to fight."

Andrew Feldstein

The same goes for custody of children. The law might not always seem fair to his clients, but it's part of his job to give them a clear outline of their chances.

"You have to be able to be a tough negotiator, but also be compassionate toward your client. You have to realize that if you want to get people to a reasonable compromise, you need to be reasonable. You need to know when to fight and when not to fight," Feldstein said.

For more Matters of the Heart exclusive series check Workology frequently or stop by: metronews.ca/work



Helping a family live a normal life after a divorce breaks them apart can be satisfying according to one divorce lawyer.



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Survivor's syndrome hits hard

VANESSA GRECO
for Metro Canada



Pink slips don't scare Greg Skura anymore. After decades of odd jobs and hard work, he's become well acquainted with the employer's chopping block.

"When I was younger, I'd take layoffs to heart," said the 47-year-old from Pickering, Ont. "But now, I don't take them personally. Often it's because of the economy."

When facing job loss, Skura — who has printed newspapers, driven trucks, installed doors, and sorted eggs — isn't worried about the uncertain path ahead.

Instead, he turns his attention to those left behind.



As the global financial crisis continues, workers left behind can be affected in many ways as their colleagues are dismissed.

"It's my co-workers I feel sorry for," said Skura, currently employed as an Internet technician. "They're the ones picking up the slack, doing double the work and wondering whether they're next to go."

As the global financial crisis continues, workers watch as companies are downsized and colleagues are dismissed. When an employee survives a round of layoffs, their relief can be followed by guilt or anxiety.

Career coaches and management experts have dubbed this "survivor's syndrome."

"Layoff survivors can experience grief for many reasons," said Aaron Schat, assistant professor of organizational behaviour at McMaster University. "They've kept their employment but might feel it was at a colleague's expense."

As well, remaining employees might fear that there are more layoffs to

come. This can be a stressful distraction for workers, who'll start to feel unmotivated, expendable or wary of their bosses.

Schat added that managers should demonstrate warmth and compassion when conducting layoffs to prevent a morale drop amongst remaining employees.

Three weeks ago, Therese Arsenault would have appreciated that compassion as a company she'd served

for 13 years dismissed her and nine others.

"The whole process was cold," said the former telecommunications trainer from Montreal. "We were called to a conference room and the people conducting the meeting were half-an-hour late."

Since the layoff, surviving colleagues have approached Arsenault and expressed both shock and sympathy. She believes her former co-workers don't need to apol-

Riding the Recession

ogize.

"In a big company, decisions like this are not made at the employee level," she said. "The individuals you worked with might feel sorry for you, but they have no business feeling guilty."

Although surviving employees might not be at fault, Marjorie Armstrong-Stassen has seen post-layoff stress in the workplace.

"People in downsizing companies have told me they think the ones who've lost their jobs are the lucky ones," said the management professor at the University of Windsor.

Often, when companies lay off more than 20 per cent of their workforce, dismissed employees will receive large severance and early retirement packages. Surviving employees left with twice the work can experience feelings of jealousy.

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Staying in Canada

Despite cuts to federal research funding in Canada and billions poised for research in U.S. president Barack Obama's economic stimulus package — all sparking fears of a brain drain — many U.S. academics say they will stay in Canada. **METRO NEWS SERVICES**



Silence equals dishonesty: Court

WorkplaceLaw

Daniel Lublin



Metronews.ca/worklaw

After moving to Canada from Ghana and graduating from Simon Fraser University, Eric Obeng soon took a job with a Vancouver area Canada Safeway store as a cashier. After seven years, he was an assistant manager at Canada Safeway's Ocean Park store in Surrey, B.C. Obeng had ambitious goals at his job. He wanted to run the whole company.

Staying late at the store one evening to perform an out-of-stock count, Obeng was seen leaving with a number of bags, which some other employees thought "appeared" to contain groceries. Although none of the employees actually saw what Obeng placed in the bags, they all reached

the same conclusion: Obeng had taken merchandise.

The staff reported that Obeng might have been stealing to the store's manager, who arranged for an investigation into Obeng's activities to be done and Donald Brost (a retired RCMP officer) was brought in.

In the course of the investigation, Obeng was told that that other staff had seen him take groceries without paying, and he was then asked to give his evidence of what happened. Obeng denied he had done anything wrong but offered no explanation for why he was seen with the bags. He later said at trial that he felt "shocked, surprised and devastated at being accused of theft."

Brost completed his report and submitted it to Canada Safeway's District Manager, Mark Townsend, who had to determine whether any discipline was necessary. In reviewing the report, he noticed that Obeng did not provide any explanation to contradict

the reports from the staff, so he invited to Obeng to explain what happened. Obeng continued to simply deny that he had done anything wrong. He was fired for theft and breach of trust. Obeng sued for wrongful dismissal, and the parties next met in court.

At trial, Justice Elaine Adair determined that Canada Safeway could not prove that Obeng had actually taken anything from the store without paying. She commented that the witnesses could not positively say they saw Obeng leave the store with anything other than his own property and that the most likely conclusion was that the staff simply misinterpreted the evidence of what Obeng had been doing.

However, by failing to explain what he was doing during the investigation, Justice Adair found that Obeng had not acted truthfully, thereby breaching the implied duty of honesty and faithfulness owed by him to his employer. Obeng kept quiet "in cir-

cumstances where an explanation was clearly called for and where he was obligated to provide one," according to Canada Safeway's policy on internal investigations that Obeng signed when he first started work, she wrote.

While lying during the course of an investigation may be deemed cause for dismissal, Canadian employees should pause given the court's willingness to also equate silence with dishonesty. To avoid these misgivings, employees should heed the following advice:

- Review corporate policies on investigations of misconduct.
- If an investigation is imminent, request an opportunity to meet with counsel prior to disclosing evidence.
- From the outset, ensure that any mitigating factors or explanations are brought out in the open. Don't leave them for a lawsuit.

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@toronto-employmentlawyer.com.

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Community Spirit

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Acts of kindness

Imagine what the world would be like if everyone did something nice for someone else. Inspired by his mother, who lost her battle with cancer, Brad Stokes set out on an "Extreme Kindness Tour" in 2002, where he encouraged Canadians to perform random acts of kindness.

Stokes, who co-wrote the book *Cool to be Kind: Random Acts and How to Commit Them*, offers these tips:

- **Be deliberate in your random acts.** Each morning set the intention to do something nice for a stranger.
- **Don't be shy.** Reach out to people; you'll be surprised how much they'll appreciate it.
- **Savour the moment.** Take a moment to savour the happiness you've brought into someone else's day; it will make you feel great too! **METRO NEWS SERVICES**

Job skills put to good use

ANDREA WOO
for Metro Canada

It took Cindy Graves about two minutes to find Marian Lewandowski a position when he inquired about becoming a volunteer for Kids Up Front.

The international foundation works to give underprivileged children cultural and educational experience by collecting unused tickets for concerts, sporting events and plays and redistributing them to registered charities.

Since the opening of the Vancouver branch in 2004, the foundation had collected and distributed the tickets through email — a task that became increasingly cumbersome as the number of registered charities it worked with grew into the hundreds.

"Marian was a godsend," said Graves, executive director for Kids Up Front, about Lewandowski, a retired computer buff with an IT background who helped revive a shelved technology project that allows organizations to donate and request tickets online.

"He has the passion, because he's very much committed to our cause, and he has the experience, expertise and the talent to make him an extremely valuable member of our team."

Lewandowski said it's been rewarding being able to transfer the skills he acquired during his career over to his volunteer work.

"The experience to me has been fabulous," he

"Volunteers today are interested in contributing their career skills, their expertise and knowledge."

Shirley Weir

said. "The nice thing about the way Kids Up Front is organized is that everybody contributes based on the skills they have."

Shirley Weir, communications director at Volunteer Vancouver, said not-for-profit organizations should keep this in mind when advertising for volunteers.

"People today are not interested in repetitive tasks like stuffing envelopes and answering phones and coming back every Thursday for the next 10 years," she said.

"Volunteers today are interested in contributing

their career skills, their expertise and knowledge, and applying it to projects that are time-specific and they can see what they're doing is having a direct (impact) on the cause."

Weir adds that volunteering can also be beneficial to those who are looking for jobs.

"If organizations are engaging people properly, it's excellent experience in searching, CV preparation and resumé writing," she said. "Volunteering does provide you with experience in all of those areas."

In addition to working on Kids Up Front's online ticket system, Lewandowski has also helped manage



Volunteering can give you experience in resumé writing.

email campaigns and establish kidsender.com, a site that collects low-level donations for children in need.

Kids Up Front is aiming to have the new online ticket system up and running by April 1.

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Beating the recession

The Bimbo Gami shrine, about four hours' drive from Tokyo, lets visitors shake off their financial doldrums by hitting a wooden statue representing the God of Poverty. Visitors can beat, kick and throw dried beans at the god to vent their anger. **REUTERS**

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Travel



Is he kidding?

Michael O'Leary, the CEO of budget airline Ryanair, has caused a minor furore by musing that passengers may soon have to pay to use on-board washrooms. But since O'Leary is also well-known for his PR-generating abilities, no one's sure yet whether he's joking.

METRO NEWS SERVICES

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Essaouira

Moroccan city is quiet, yet surprising

CÉLIA PEDROSO
Metro World News

**Why go now?**

On the receiving end of trade winds on Morocco's Atlantic coast, the so-called "city of wind" has a mild climate all year round, between 17 C and 25 C. It's also fairly quiet, though in summer it does see more European tourists. Better yet, prices are still accessible in Morocco's most surprising city.

It's my first time visiting.
What should I do there?

To get there, you can fly into Marrakech and take a coach or shared taxi to Essaouira. Take a stroll around the pedestrian streets of the Medina or walled town, a UNESCO World Heritage site. As well as shops and cafés you'll find traces of the Portuguese who occupied the city in the 15th century, and named it Mogador.

Some sites are very well preserved including the fortress and the skala of the kasbah (the fortress terrace), a place that inspired '70s rock stars including Jimi Hendrix and The Rolling Stones.

I've been here before.
What should I visit this time?

Hit the beach. Windsurf and kitesurf lovers make a pilgrimage here for the optimum weather conditions. Moulay Bouzerktoun and Sidi Kaouki are the enthusi-



Left, an evening view of the walled town or Medina in Essaouira, Morocco.

On the web

- visitmorocco.com
- essaouira.com
- essaouira.org

asts' most popular beaches.

Although there is a tolerant spirit in the city, which has been a gathering point of many religions throughout history, you should bear in mind local customs — it is not a good idea to sunbathe topless. It's also worth trying the local steam baths or hammam.

Where is the best place for shopping?

The Medina and mellah (the Jewish quarter) streets are winding open-air shopping malls. Besides the typical stores there are also jewelry, vegetable, spice and fish souks, as well as a sec-

ond-hand souk and a flea market, La Joutia.

Take advantage of the reasonably-priced crafts including leather goods, lanterns and crafts made of thuya wood, a local tree.

Bring back some argan oil, a gold-coloured oil with health and beauty benefits that's extracted from the fruit of a tree that's said to grow only in the Taroudant region around Essaouira and on the coast.

The argan tree is also responsible for one of the your stay's most memorable visuals — on the road from Essaouira to Agadir you can see flocks of goats perched in the top of argan trees, grazing on the fruit.

What and where should I eat?

Lots of fresh fish and seafood straight off the

boat, a nice alternative to the tajine or traditional Moroccan stew.

For fresh fish, tajines and other specialties try the French-run Le Pâtio, (28 rue Moulay Rachid). Le Coquillage is at the fishing port and serves fish and seafood fresh off the boats, with a view over the sea.

Dinner next to the fireplace or in the refreshing courtyard at Riad al Madina, (9 rue Attarine) is lovely.

Where should I stay?

Try the welcoming Riad al Madina, riadalmadina.com, in one of the main streets of the Medina. The interior of this former 19th century palace was restored, making it a simple but comfortable place to stay for guests who have included Brad Pitt and Angelina Jolie.



Goats forage for argan nuts.



An interior view of the Riad al Madina.

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New York City will ban vehicles from two notoriously congested stretches of Broadway to ease traffic in the Times Square area. Mayor Michael Bloomberg said the project would improve safety in prime tourist spots and make stores more accessible to pedestrians. **REUTERS**

Cooking up a storm in a Turkish town

The **TravelJunkie**

Julia Dimon

metronews.ca/traveljunkie

Mardin is a charming town in the Turkish region of southeastern Anatolia. Located high above the Tigris-Euphrates river basins, it's rich with religious tradition, historical significance and ancient sandstone architecture.

It's also home to tasty local snacks, from pomegranate salads to stuffed tripe to grape-syrup kebabs. Blending Turkish and Syrian flavours, Mardin fusion cuisine made for meals unlike anything I'd tried in other parts of the country.

Likewise, the celebrated Mardin eatery Cercis Murat Konagi isn't your typical Turkish restaurant. Overlooking the vast expanse of the scorching Mesopotamian plain, this former Ar-



Ebru Baydemir, owner of Cercis Murat, is a famous female entrepreneur in eastern Anatolia.

menian mansion dating back to the 1800s not only serves succulent Turkish cuisine, it also offers hands-on cooking courses for tourists.

Cercis Murat's four-hour cooking class began with a trip to market. Ebru Baydemir, a local celebrity entrepreneur known as the

first female restauranteur in eastern Anatolia, took me to a lively commercial centre, where vendors hawked ripe, colorful vegetables.

On the hunt for ingredients, side-stepping the occasional donkey, we carefully selected a handful of deep purple eggplants, blood-red tomatoes, eye-watering

Mardin

How to get there: Turkish Airlines offers daily, direct two-hour flights from Istanbul to Mardin; see thy.com.

Where to stay: Erdoba Konaklari is a charming boutique hotel in the heart of the old town. The historic mansion has wide stone terraces and rooms overlooking Mesopotamia; see erdoba.com.tr.

Where to eat: For more information about the Cercis Murat cooking school, visit cercismurat.com and click

on "translate this" to see the English version.

Places to visit:

- Sultan Isa Medresesi, the town's architectural highlight.
- Bazaar along Cumhuriyet Caddesi for some unique bargain shopping.
- Mardin Castle, a natural rock structure turned fortification.
- Mardin Museum for a look at 7th Century BC Assyrian pottery.

**JULIA DIMON/
FOR METRO CANADA**

onions and warm flatbreads. Supplies in hand, we returned to the kitchen, slipped on cloth hairnets, tied our aprons and got cooking.

Ebru told me that classes and meals can be customized according to tourists' interests but that icli kofte — fried, stuffed meatballs — is a classic dish. I followed her tutelage and got my hands dirty.

Wrist deep in cracked wheat, onion, mince and allspice, I shaped the

falafel-like shells into egg-sized balls and plopped them into a skillet of searing hot oil. The fragrant smell of onion and steaming mince filled the kitchen, a good indication of the gastronomical delights yet to come.

Stirring, mixing, chopping and dicing, I learned cooking techniques from a crew of female chefs. In this region of Turkey, women don't traditionally work outside of the home but Ebru has broken new

ground, giving local women a chance at employment.

The restaurant has become so popular that it's won several awards for best views and has even attracted the attention of Prince Charles, who visited there with his royal entourage in 2004 for a private function.

As my kofte cooled, I was ready to dive into my next dish, Patlicanli pilav, a type of upside-down casserole made with lamb, chickpeas, onions, rice, eggplant and lots of cinnamon.

No doubt, the best part of a cooking class is eating your homework. Sitting at a table adorned with elegant silver cutlery, I chowed down a delicious home-cooked feast.

Fingers drizzling with lamb juice, the chefs (and my taste buds) agreed that the meal was a success. It was worth the charge of 100 lira (about \$75 Cdn), a fee that includes a trip to the market, all the ingredients and lessons.

Julia Dimon is co-host of Word Travels, airing Sundays at 8:30 p.m. on OLN; juliadimon.com.



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Pacific Centre
Oakridge Centre
Park Royal Shopping Centre, West Vancouver

BURNABY
Brentwood Mall
Lougheed Town Centre
Metropolis at Metrotown
Royal Oak Fido Store

LANGLEY
Willowbrook Shopping Mall

PORT COQUITLAM
Coquitlam Centre

RICHMOND
Richmond Centre

SURREY
Guildford Town Centre

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CELLULAR BABY
1191 Robson Street
2460 Heather Street
Capilano Mall, North Vancouver
City Square Mall, Vancouver
Park Royal Shopping Centre, West Vancouver

PEPPER WIRELESS
First Avenue Market, Unit 102
3189 Main Street

SKYNET
Arbutus Village
8269 Granville Street
6338 Fraser Street

UNIPAGE
Royal Centre
88 West Pender Street

WIRELESS WORLD
6596 Victoria Drive

ABBOTSFORD

GENERATION WIRELESS
Seven Oaks Shopping Centre

SKYNET
Meadow Fair Plaza

WIRELESS WORLD
32330 South Fraser Way, Unit 4

BURNABY

CELLULAR BABY
Metropolis at Metrotown
Metrotown Centre

PEPPER WIRELESS
Crystal Mall

UNIPAGE
Crystal Mall
Metrotown Centre

WIRELESS WORLD
Hannam Supermarket, 4501 North Road #106

COQUITLAM

SKYNET
101A - 2748 Lougheed Highway

UNIPAGE
Henderson Mall

DELTA

WIRELESS WORLD
Scottsdale Mall

MAPLE RIDGE

SKYNET
Haney Place Mall

NEW WESTMINSTER

PEPPER WIRELESS
Royal City Centre

RICHMOND

CELLULAR BABY
Richmond Centre

PEPPER WIRELESS
Yaohan Centre
Lansdowne Centre
Aberdeen Centre

SKYNET
4020 No 5 Road

UNIPAGE
Aberdeen Centre
Lansdowne Centre
Parker Place

SURREY

NONI WIRELESS PLUS
Peninsula Village
6926 King George Hwy
Real Canadian Superstore, 7550 King George Hwy
102 - 6955 - 128th Street

PEPPER WIRELESS
Central City Shopping Centre

SKYNET
7500 Scott Road, Unit 104
9182 - 120th Street

UNIPAGE
Central City Shopping Centre

WIRELESS WORLD
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3 - 13634 - 104th Avenue
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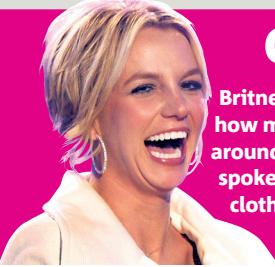
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EDITOR: DEAN.LISK@METRONEWS.CA

Entertainment



Candy girl
Britney Spears has proved just how much she has turned her life around by landing a deal as spokeswoman for American clothing line Candies.
FEMALEFIRST.CO.UK

Jackson hits road for One Week

STEVE GOW
for Metro Canada

Joshua Jackson has been pretty tired lately — but that’s what you get for having a somewhat manic job. “I was on my knees Hoovering brains off a carpet two days ago,” the Vancouver-born actor shockingly admitted recently. While that revelation might sound disturbingly morbid at first, consider the context. After all, Jackson’s clean-up was taking place on the set of his new hit sci-fi TV show Fringe — one of the main reasons for his hectic schedule. The other? Returning from Hollywood to his homeland to promote his latest movie, One Week — opening Friday — in which Jackson plays a young man



Joshua Jackson plays a man who copes with a terminal disease by traversing the Great White North on a motorcycle in the new movie One Week, which opens in theatres on Friday.

who copes with a terminal disease by traversing the Great White North on a motorcycle. “It’s a celebration of the many Canadas,” said Jackson, admitting the film’s patriotic affection was part of the draw. “There’s so much to do between here and Tofino and because it’s a road movie, which is unusual, you actually get to see and experience much of the country instead of one

Movie feature

specific region.” And that is just what Jackson and director Mike McGowan did — travel across Canada with just a tiny film crew. Although he is no stranger to the road, Jackson admits it was a grueling challenge. “I used to do the road trip between Vancouver and Wilmington, N.C., where I used to (shoot Dawson’s Creek) every year, so I’ve done that a ton but I never went Vancouver to Toronto and south. To be honest, I always thought the prairies would be kind of boring.” Instead, Jackson’s “big revelation” was discovering the beauty of the flat, humbling expanse of land and the hidden treasures along its stretch of highways. One

“That you can pay five bucks to walk a staircase to get into the mouth of a giant Tyrannosaurus Rex in the middle of the prairies is fantastic.”

Joshua Jackson

of the pure joys of watching One Week is encountering such bizarre Canadian roadside attractions as the Wawa Goose and the giant nickel in Sudbury. “The dinosaur (in Drumheller) was just so fabulously ridiculous,” Jackson said of his favourite stop. “That you can pay five bucks to walk a staircase to get into the mouth of a giant Tyrannosaurus Rex in the middle of the prairies is fantastic.”

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3	CBC	Coronation St.	Jeopardy! (N)	The Week the Women Went	Being Erica (N) (CC) (DVS)	CBC News: The National (N)	(:05) The Hour		
	255	358	6	JOY	EI News	The Insider	Knight Rider (N) (CC)	Party Monsters: Cabo (CC)	Missy Elliott: True Story	News (N)		
	254	-	9	M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition	News: Cantonese Edition	Omni News: Punjabi Edition	Metropia		
	250	321	9	CTV	Hollywood	American Idol (CC)	Criminal Minds "Paradise"	CSI: NY "Turbulence" (CC)	News (N)			
	-	-	10	OMNI	The Daily	Frasier (CC)	Stargate SG-1 "Need"	Third Watch (CC)	Scrubs (CC)	Buddhism	New Day	
	252	336	11	GTV	Entertainment	ET Canada	House (CC)	Lie to Me "Unchained" (N)	(:02) Life on Mars (N) (CC)	News (N)		
	256	389	12	VI	Lost (CC)		America's Next Top Model (Season Premiere) (N) (CC)	Law & Order "Lost Boys"	News (CC)			
	253	359	13	CITY	Law & Order: SVU		Friends (CC)	Friends (CC)	Nip/Tuck "Ronnie Chase"	Murdoch Mysteries (CC)	The List	
	-	-	14	CW	Deal-No Deal	Deal-No Deal	America's Next Top Model (Season Premiere) (N) (CC)	Seinfeld	Seinfeld	Frasier (CC)		
	289	381	15	CBS	Entertainment	The Insider	Old Christine	Gary Unmarr	Criminal Minds "Paradise"	CSI: NY "Turbulence" (CC)	News (N)	
	287	379	16	NBC	Evening Mag.	Inside Edition	Knight Rider (CC)	Life "Jackpot" (CC)	Law & Order "Lost Boys"	News (N)		
	602	568	17	W	Will & Grace	Friends (CC)	Grocery	Grocery	Supersize vs. Superskinny	Stuck	Maxed Out (N)	Maxed Out
	288	380	18	ABC	Wheel-Fortune	Jeopardy! (N)	Lost (CC)	Lost "LaFleur" (N) (CC)	(:02) Life on Mars (N) (CC)	KOMO 4 News		
	-	-	19	KVOS	M*A*S*H	Seinfeld	The Astronaut's Wife ** (1999)	Johnny Depp, Joe Morton.	King	Still Standing	Scrubs (CC)	
	291	383	20	PBS	Daniel O'Donnell: Hope and Praise			Celtic Thunder (CC)			Performances	
	290	382	21	FOX	Two/Half Men	Two/Half Men	American Idol (CC)	Lie to Me "Unchained" (N)	News (N) (CC)		Family Guy	
	-	364	22	PBS	(6:30) Chris Botti in Boston	Chris Botti in Boston		Suze Orman: Women & Money (CC)				
	296	654	23	SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment
	298	653	24	TLA	Two/Half Men	Two/Half Men	America's Next Top Model (Season Premiere) (N) (CC)		KTLL Prime News (N) (CC)	Friends (CC)		
news	295	651	25	WGN	MLB Preseason Baseball Chicago White Sox at Chicago Cubs. (Live) (CC)				WGN News	Friends (CC)	My Wife-Kids	
	297	652	26	WPX	PIX News at Ten Tong. (N)	Two/Half Men	Chicago	Sex and-City	According-Jim	Frasier (CC)	Odd Couple	
	199	311	27	STR	News (N)	News	Late Show-Letterman	Late Late Show		Will & Grace	Seinfeld	
	502	390	28	NW	Tropic of Capricorn (CC)		CBC News: The National (N)	CBC News: The National	Tropic of Capricorn (CC)	National		
	500	500	29	CNN	Anderson Cooper 360 (CC)			Larry King Live	Anderson Cooper 360 (CC)	Cooper 360		
sports	407	419	30	RSP	WHL Hockey Tri-City Americans at Vancouver Giants. (Live)				Sportsnet Connected	Sportsnet		
	400	400	31	TSN	SportsCentre (Live) (CC)		Off the Record	Motoring 2009	Billiards 2008 Mosconi Cup.	SportsCentre		
	411	457	32	OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)	Mantracker	Bounty Hunter	Bounty Hunter	Survivorman	
	410	403	33	SCR	Score Tonight		Hardcore Hockey Talk	Final Score	Final Score	Final Score	Final Score	
	417	406	34	SC	Drag Race	Wrecked	Pimp My Ride	Pass Time	Pinks Out	Pinks Out	Drag Race	Drag Race
	416	409	35	GLF	Futbol Italiano		Gol TV News	Samba	Foot Brazil	Gol TV News	Gol TV News	Gol TV News
	552	543	36	YTV	In Real Life "Auto Racing"		Malcolm-Mid.	Futurama	Adrenaline	Prank Patrol	Falcon Beach (CC)	Mystry Hnt.
	555	545	37	TEL	Totally Spies	Total Drama	6TEEN (CC)	6TEEN (CC)	Futurama	American Dad	Chicken	Father
	557	541	38	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House
	553	546	39	TRE	Comfy Couch	Big & Small	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin
	628	354	40	KNO	Great Northern Wilderness	Man Made Marvels (N) (CC)	The Barcelona Concert	Malibran Rediscovered (N)			Montreal Jazz	
	575	583	41	CMT	Hope & Faith	Hope & Faith	Three Chords	Sessions	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)
	570	580	42	MM	Video on Trial	Video on Trial	PunchMuch	America's Best	Dance Crew	disBand	Born to Be	Spotlight
	600	564	43	H&G	Hid Potential	Really Big Flip	Holmes on Homes (CC)	Property	Unsellable	Mansions	Property Shop	Hid Potential
	615	520	44	A&E	Bounty Hunter	Exterminators	Exterminators	Exterminators	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter
	628	584	45	SPKE	UFC's Ultimate Fight Night		CSI: Crime Scene Investgtn.	CSI: NY "The Lying Game"	Disorderly Conduct: Video		Videos	
	521	560	46	TLC	Mystery Diagnosis (CC)		My Shocking Story (CC)	A New Face For Marlie (CC)	Mystery Diagnosis (CC)		Untold Stories	
	616	522	47	SHO	The Outer Limits (CC)		Cashing In	About a Girl	The Guard "Just Say No"	Big Love "Circle the Wagons"	House (CC)	
	620	523	48	BVO	Opera	Broadway	Law & Order "The Wheel"	Without a Trace "Requiem"		The Broken Hearts Club ** (2000) (CC)		
family	601	562	49	SLC	Kimora: Fab	Kardashians	ET Canada	Matchmaker	Chop Shop	Mr. Friday	Trading Spouses	Biggest Loser
	520	505	50	DIS	Mayday		Daily Planet (CC)		MythBusters (CC)	Austin Stevens Adventures	Mayday	
	522	506	51	HIS	NCIS "Enigma" (CC)		Outlaw Bikers Billy Queen.		Ice Road Truckers (CC)	NCIS "Enigma" (CC)	Sea Hunters	
	627	528	52	SPC	Watchmen	The Circuit	Stargate SG-1 (CC)	Star Trek: Next Gener.	Star Trek: Voyager (CC)		Star Trek: Ent.	
	294	650	53	TBS	House-Payne	Seinfeld	Sex and-City	The Pink Panther ** (2006) (PA) Steve Martin. (CC)				
	619	525	54	TROP	Reality	Ad Persuasion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With
	603	561	55	FN	Top Chef Andy	Cohen hosts.	Restaurant Makeover (CC)	Challenge (CC)			Iron Chef America	Top Chef
	626	547	56	COM	Air Farce	Just for Laughs (CC)	Corner Gas	The Simpsons	South Park	Jon Dore	Martin	Daily Show
	320	621	57	CEN	(6:15) Poor Boy's Game (2007)		My Brother Is an Only Child *** (2007)	(:45) 10,000 B.C. * (2008) Steven Strait, Camilla Belle. (CC)				
	581	566	58	MTV	The Real World (N) (CC)		MTV Live	After	From G's to Gents	The Real World (CC)	MTV Live	
	261	394	59	V	Tuscany		Poltergeist: The Legacy	Niagara *** (1953) Marilyn Monroe, Joseph Cotten. (CC)			Paid Program	
	-	-	60	MUL	Eight Heroes	Mom's-Upset	Van. Nights	Iranian Pop	Sabor Latino	Sabor Musical	Travel TV	Patrol World

critics'corner—

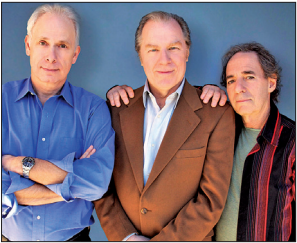
Gary Unmarried

Under ordinary circumstances, Gary (Jay Mohr) rarely lets ex-wife Allison's (Paula Marshall) fiancé, Dr. Krandall (Ed Begley Jr.), ruffle his feathers, but he's plenty concerned when he notices how much time Krandall is spending with Gary's teenage son, Tom (Ryan Malgarini), and vows to bond more strongly with the boy himself. Jaime King and Kathryn Newton co-star in the new episode "Gary Toughens Up Tom." 8:30 PM on CBS



Life

After a woman is found in a pool of blood at a table set with a romantic dinner for two, Crews and Reese's (Damien Lewis, Sarah Shahi) investigation leads them to an eccentric support group for lottery winners; Rachel (Jessy Schram) refuses to tell Crews anything about her father's murder but comes to realize the two of them share a common bond. Former "ChiPs" star Erik Estrada makes a cameo appearance in "Jackpot." 9 PM on NBC



Christopher Guest, Michael McKean and Harry Shearer return as Spinal Tap this summer.

Spinal Tap stars serious about tour

MUSIC It's no joke. The comedic trio behind Spinal Tap are hitting the road for a 30-city North American tour next month, and are leaving their heavy-metal guises at home.

Christopher Guest, Michael McKean and Harry Shearer — accomplished musicians who have been playing together since 1978 — say they will perform music from their Spinal Tap days as well as from subsequent film collaborations like the folk-music spoof A Mighty Wind. They performed a few songs and took questions during a news conference held on the 25th anniversary of the release of the influential mockumentary This Is Spinal Tap, in which the Americans played deluded English headbangers.

REUTERS

Deadlines foil designer

RAFAEL BRUSILOV
for Metro Canada



Toronto designer Jeff MacKinnon's last-minute designs finally ran out of steam and he was sent home from Project Runway Canada last night.

Last night's challenge gave designers a chance at national exposure by having their dress become the first ever original design to be sold by clothing retailer Winners at select stores across Canada. Designers had to create the perfect spring dress which could be worn both during the day and into the evening.

The judges felt MacKinnon's simple, white reversible dress wasn't innovative enough and wouldn't stand out to customers, making him the sixth designer booted off the show.

MacKinnon, 41, had already survived elimination a few weeks before and frequently seemed to struggle with the short time frame given to create dresses on the show.

"The time constraints were the toughest part of the show. I'm very meticulous and it was difficult for me to just get the job done," MacKinnon said.

Used to doing painstaking custom work for clients over a period of weeks instead of banging out garments in 48 hours, MacKinnon was often forced to resort to shortcuts to get his dresses finished. Among one of MacKinnon's desperate moves was using glue to patch fabric strips onto several dresses, something he

would never do in normal conditions but he insists he wasn't the only one cutting corners.

"Desperate times call for desperate measures, but we were all doing stuff like that. A lot of people were using glue, a lot of people were using tape," MacKinnon said.

Stretched to the limit in last night's challenge, MacKinnon went as far as to draw on apparent hand-stitching with a marker to get his dress in on time. While judges didn't catch the snafu in the first judging panel, MacKinnon voluntarily admitted during the call-back that he drew the stitching on. The admission didn't affect the judges outcome since they had already decided to send him home but MacKinnon felt relieved to come clean regardless.

"I have an enormous



Jeff MacKinnon

amount of integrity and I wanted to walk out of there with my integrity," MacKinnon said. In early episodes, MacKinnon did full interior finishing on his dresses but quickly realized time was too tight for perfection. Looking back, MacKinnon thinks he probably should have switched to simpler designs and spent more time "dressing up" the exterior of his dresses to make more of an impact.

Still, he says his experience on the show was a blast that took him out of his comfort zone and let him prove he could be adventurous.

"It was something I never thought in a million years I would do — I'm a very private person, quite shy, and I'm very proud of myself for doing this," MacKinnon said.

When to watch

• Project Runway Canada airs Tuesday nights on Global.

In brief

MUSIC Prince is releasing a three-disc CD set through the retailer at the end of this month. The set will include two new albums as well as a third by his new artist, Bria Valente, for \$11.98 US.



Prince

THE ASSOCIATED PRESS

Kenya'sStyle

Kenya Hunt



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Gary Smith, The Hamilton Spectator

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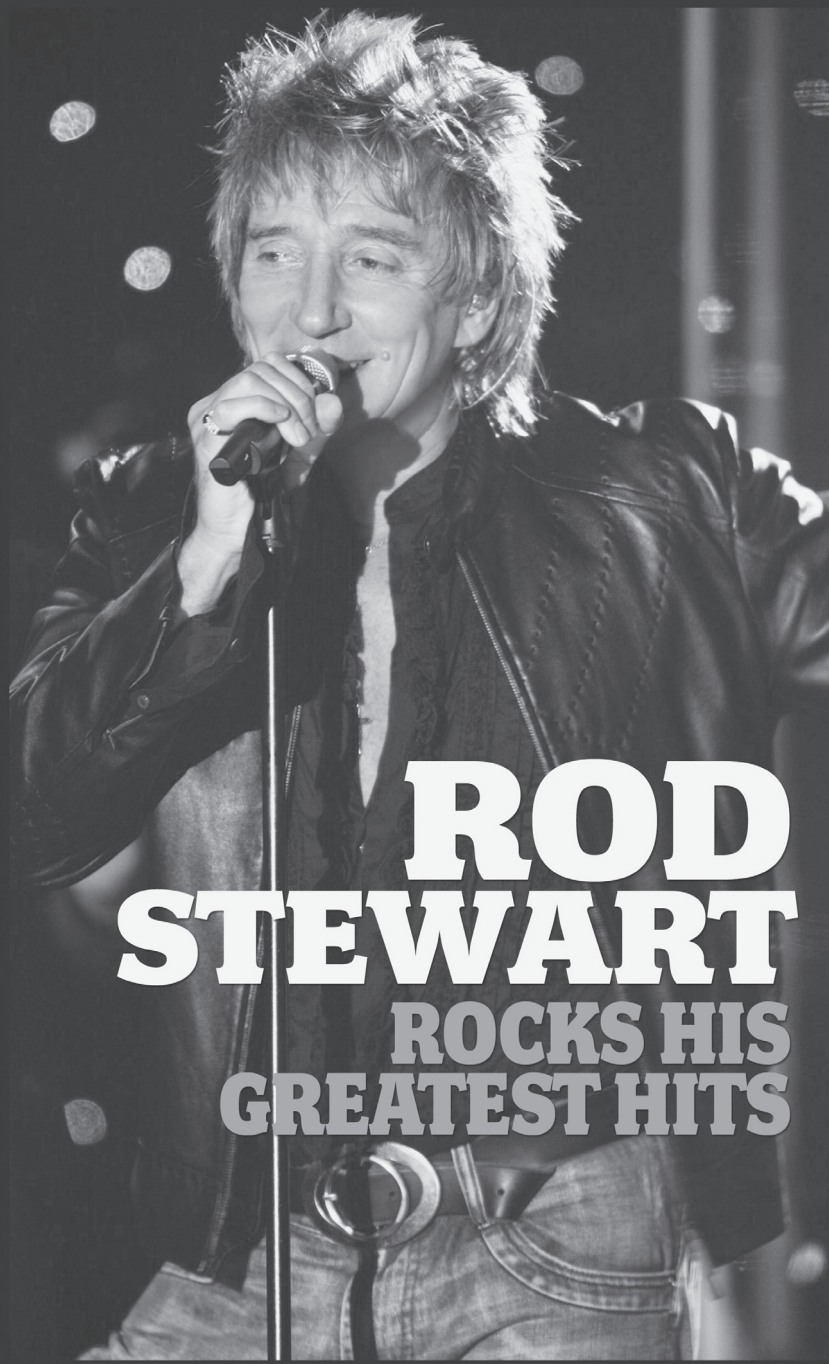
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A co-production with Theatre Aquarius. Toronto, Mississippi premiered at Terragon Theatre in Toronto in October 1987. Toronto, Mississippi is staged by arrangement with Pam Winzar, Gary Goodard Agency. Photo of Meg Roe by David Cooper.

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Sharon Osbourne is being sued by a woman she allegedly attacked on her VH1 show, Rock of Love: Charm School, TMZ.com reports. Megan Hauserman reportedly filed a lawsuit in L.A. County Superior Court Monday against Osbourne, adds usmagazine.com. **METRO NEWS SERVICES**

Celebrity Buzz

'I am God's vessel': Kanye

PEOPLE Kanye West has a pretty high opinion of himself. In fact, the rapper believes he was chosen by God to have superior music ability.

"God chose me. He made a path for me. I am God's vessel," West said during a taping for the VH1 Storytellers series. "But my greatest pain in life is that I will never be able to see myself perform live," West added.



METRO NEWS SERVICES

Nicole loves Keith's sexy shots

PEOPLE Nicole Kidman's musician husband, Keith Urban, famously posed for Playgirl magazine eight years ago, but his wife hadn't seen the steamy photos until recently — and she wasn't let down.

"Nicole was impressed with the shots," Urban tells Britain's New magazine. "It was spread over two pages and had staples in all the right places."

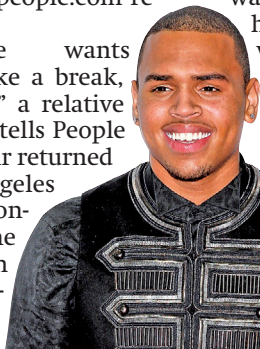


METRO NEWS SERVICES

Reunion sparks concerns

SCANDAL Rihanna may have spent the weekend in Miami with Chris Brown, but her family isn't quite ready for the tumultuous couple to reunite, people.com reports.

"Everyone wants them to take a break, to cool off," a relative of Rihanna tells People after the pair returned to Los Angeles together Monday. "No one wants them back together."



Family thought that the relationship was over after Brown allegedly battered Rihanna on Feb. 8. The couple went their own ways for a while — he went home, while she recuperated in Barbados and Mexico — but the separation was short-lived.

The pair reunited in Miami last weekend, spending time at the Star Island mansion of Sean (Diddy) Combs. A source close to the couple told People that the couple was "definitely together" and working on a reconciliation.

"I'm concerned," continues the relative. "I don't want her to make a mistake, and I don't want her to ever go through this again."

METRO NEWS SERVICES

So kill me, I wear a bikini: Miley

PEOPLE Miley Cyrus has quit jogging to stop people discussing her breasts, female-first.co.uk reports.

The 16-year-old star is furious she was accused of flaunting her curves by wearing a bikini top during an outdoor



run with her 21-year-old boyfriend Justin Gaston. The Hannah Montana actress said: "I don't get the big whoop, but whatever. I guess it's just ... I'm not allowed to jog any more."

Miley claims she was only wearing the bikini as her eight-year-old sister Noah wanted her to help clean the car.

"So I was like, 'OK, we're going to have a car wash.' It's, like, 100 degrees out," she told Ryan Seacrest on KIIS FM radio.

"As I'm running, it got a little bit lower and you could see a little of the bathing suit top. So, oh my goodness, Miley Cyrus wears a two-piece! Kill me! I'm wearing a two-piece, with an eight-year-old."

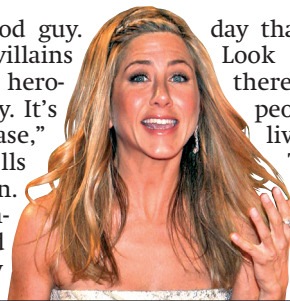
METRO NEWS SERVICES

No Brangie drama: Jennifer

PEOPLE Jennifer Aniston tells Elle U.K. magazine she doesn't owe anybody her side of the story regarding her relationships with ex-husband Brad Pitt and Angelina Jolie, msn.com reports.

"There are no sides! There is no bad guy and

there is no good guy. There are no villains and there is no heroine in this story. It's just not the case," the actress tells the publication. She continues, "I remind myself every



day that I am lucky. Look what's out there. Look what people are really living through. There's no comparison. I am happy."

METRO NEWS SERVICES

Isn't she 60?: Canseco

PEOPLE Jose Canseco can't get over the fact that his 50-year-old ex Madonna is dating 22-year-old Brazilian model Jesus Luz, usmagazine.com reports.

"Oh, my God! Doesn't she realize she is 60 years old? Come on!" he told usmagazine.com, adding "When she is 80, what is she going to date — a guy who is 10

years old? It's getting crazy!"

Madonna doesn't seem to mind their nearly 30-year age difference. A source close to the singer recently told Us Weekly that while she and Luz are not serious, "she is seeing where it goes."

METRO NEWS SERVICES



Lindsay converting?

RELIGION Lindsay Lohan has reportedly found a new way to express her devotion to rumoured girlfriend Samantha Ronson: The Mean Girls star is converting to Judaism, according to Perez Hilton.

Lohan and Ronson were

spotted attending services at a synagogue in London last week before hitting the bar mitzvah for Ronson's half-brother. And as speculation over Lohan's faith escalated, the starlet updated her Facebook status to read: "I'm converting."

METRO NEWS SERVICES



Art imitates life for Lauren

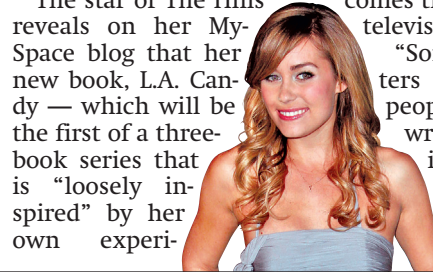
CAREER It looks like art is imitating life for Lauren Conrad, people.com reports.

The star of The Hills reveals on her MySpace blog that her new book, L.A. Candy — which will be the first of a three-book series that is "loosely inspired" by her own experi-

ence — follows the story of 19-year-old girl named Jane Roberts "who moves to L.A. and unexpectedly becomes the star of a reality television show."

"Some of the characters may symbolize people in my life," writes Conrad, "But it is in no way calling anyone out."

METRO NEWS SERVICES





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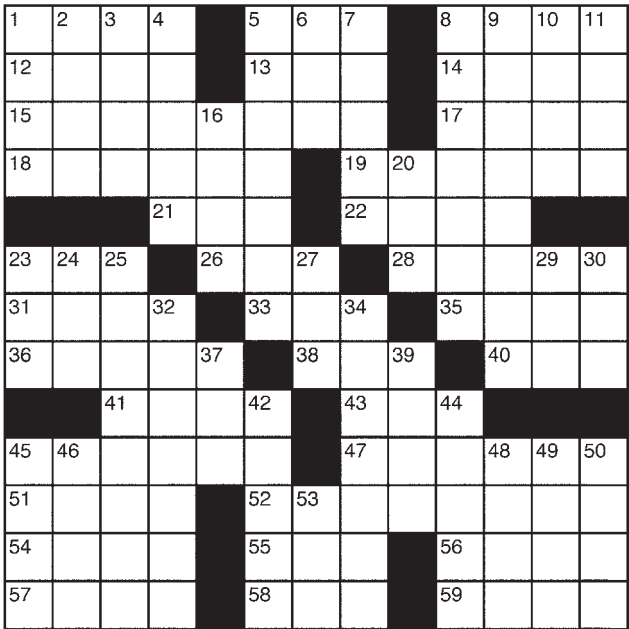
MY VICE IS SLICE

No purchase necessary. Limit one entry per person per day. Only 1 grand prize. Approx. retail value \$5,000. Must be Canadian resident who is age of majority in province they reside. Excludes Quebec residents. Contest runs from Wednesday, February 11, 2009 through Tuesday, March 10, 2009. Mathematical skill testing question must be answered correctly. Odds of being selected depend on # of eligible entries received. For full set of Contest rules, visit www.slice.ca.



For more delicious Metro recipes, visit: metronews.ca/food

Take Five



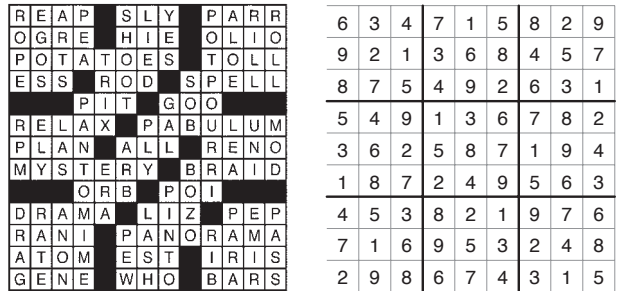
Crossword across

- 1 Glaswegian gal
5 Denny Crane's field
8 — Alto, Calif.
12 Canyon phenomenon
13 "A Chorus Line" song
14 Privy to
15 Miscellaneous written passages
17 Simple
18 Indy's hat
19 Whirlpool
21 Zilch
22 Apiece
- 23 Docs' org.
26 Conger, for one
28 Wails like a banshee
31 Offspring, often
33 Vast expanse
35 Filthy material
36 Eucalyptus eater
38 Last (Abbr.)
40 Whatever amount
41 Uppercase
- 43 In medias —
45 "Wuthering Heights" writer
47 Alibi
51 Carry on
52 "Fiddler on the Roof" village
54 Staffer
55 Young chap
56 Approach
57 Pleased
58 Bond, e.g.
59 Skin art, for short

Crossword down

- 1 Emblem on Canada's flag
2 Dermatologist's case
3 Roe source
4 Wise lawgiver
5 Spots
6 Pismire
7 Use a loom
8 Stabs
9 Curse
10 Mislaid
11 Cameo stone
16 One of HOMES
20 Erstwhile acorn
23 Request
24 Cow's comment
25 Big snake
27 Romanian money
- 29 Sister
30 Pigpen
32 On an angle
34 "So soon?"
37 Suitable
39 Libretto
42 Easter stickers
44 Bloodhound's clue
45 Put your feat in your mouth
46 Bar
48 Eye layer
49 Old card game
50 "I'm all —"
53 Siesta

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:		17-21 min	Smart
Under 13 min	Genius	21-25 min	Not bad
13-17 min	Scholar	25+ min	Keep practising

Metro Recipe of the Day



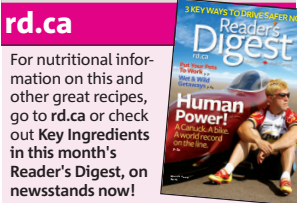
Middle Eastern Lentil Salad

INGREDIENTS:
1 1/3 cup (325 ml) dried brown or green lentils, rinsed
1 garlic clove, peeled but left whole
Good pinch of ground cumin
1 slice lemon
1 2/3 cup (400 ml) broccoli florets
1 small red onion, finely chopped
1/2 cup (125 ml) dried apricots, roughly chopped
1 each small red, yellow and green pepper, seeded and cut into 3/4-in. (2-cm) dice
1 3/4 oz (50 g) firm rindless goat's cheese
Toasted sunflower seeds to garnish

LEMON AND CORIANDER DRESSING:
Juice of 1 lemon
2 tbsp (25 ml) extra virgin olive oil
1 1/2 tbsp (20 ml) finely chopped fresh coriander leaves
Salt and freshly ground black pepper

METHOD:
1. Put lentils into pot, cover with water and bring to boil. Add garlic, cumin and lemon, reduce heat and simmer 30 minutes, or until lentils are tender. Drop broccoli florets into pot of boiling water and blanch 2 minutes or until broccoli are slightly softened but still crisp. Drain and set aside.
2. Meanwhile, put lemon juice, oil, coriander, salt and black pepper into large salad bowl, and whisk.
3. Drain lentils, discarding lemon and garlic. Tip into salad bowl and toss gently.
4. Add onion, apricots, peppers and broccoli florets and mix gently. Crumble cheese over top, garnish with sunflower seeds and serve immediately.

SERVES 4



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You'll appreciate an apparent contradiction. A quarrel causes hard feelings. Your hopes will brighten after noon.

LIBRA
SEPT 23-OCT 23
Don't call off a meeting before your point is made. A man complains about your behaviour. A kind friend needs your attention.

TAURUS
APRIL 21-MAY 21
A receptive friend is more exciting than usual. Job activity heightens your tension. A deep-voiced man runs off with his favourite lady.

SCORPIO
OCT 24-NOV 22
Greedy people want more than they deserve. An admirer is starry-eyed. Friends won't help a self-defeating associate.

GEMINI
MAY 22-JUNE 21
Animal magnetism causes hearty laughter. Be on call for a former sweetheart. A message left on a machine exceeds expectations.

SAGITTARIUS
NOV 23-DEC 21
Secret messages share the recipe for bliss. Start showing attention to an older relative. End a troublesome situation painlessly.

CANCER
JUNE 22-JULY 22
The standing of a plan begins to improve. Don't be arrogant with an aloof woman. Something inside you causes embarrassment.

CAPRICORN
DEC 22-JAN 20
A wicked witch's integrity is challenged. A mother tries to get away with a lie. Good stuff happens in a meditative state.

LEO
JULY 23-AUG 23
Someone will communicate as effectively as possible. Profound feelings about a romance are disruptive. Restrain your sarcasm with a jovial person.

AQUARIUS
JAN 21-FEB 18
Someone wants you in the picture. Be optimistic that you'll find a dream job. Your confidence brings good luck.

VIRGO
AUG 24-SEPT 22
A bashful guy makes dramatic promises. A man needs to be set straight on personal choices. An obnoxious pest will get stuck.

PISCES
FEB 19-MARCH 20
A secret enemy is a friend. An insecure female wants you to impose discipline. Witness a fair-minded friend's change of attitude.

This day in history

MARCH 4, 1519: Hernan Cortes arrives in Mexico in search of the Aztec civilization and their wealth.
MARCH 4, 1789: In New York City, the first United States Congress meets, putting the Constitution of the United States into effect.
MARCH 4, 1791: A Constitutional Act is introduced by the British House of Commons in London which envisages the separation of Canada into Lower Canada (Quebec) and Upper Canada (Ontario).
MARCH 4, 1837: Chicago becomes incorporated as a city.
MARCH 4, 1861: Abraham Lincoln inaugurated as the 16th president of the United States.

METRO NEWS SERVICES

WORDY GURDY
BY TRICKY RICKY KANE
Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. New England fish's head droops (1)
2. Complete and utter dread (1)
3. Not that smooch—the one right here (1) syllables in each word.
4. Less naïve skinflint (2)
5. Actress Laura's old British coins (2)
6. Popcorn seed log (2)
7. Bishop's or archbishop's BBs (2)

ANSWERS:
1. CODS NODS 2. SHEER FEAR 3. THIS KISS 4. WISER MISER
5. LINNEYS GUINEAS 6. KERNEL JOURNAL 7. PRELATES PELLETS
3-4-09

2 CHANCES TO WIN!
See page 9 or visit bclc.com for details.

bclc Know your limit, play within it. 19+



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Ixtapa 4-Star FROM **\$797**
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom.

Jamaica 4-Star FROM **\$828**
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom.

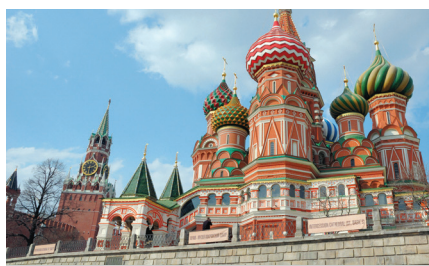
Cancun 4-Star FROM **\$848**
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Mazatlán 4-Star FROM **\$848**
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Mayan Riviera 4.5-Star FROM **\$1048**
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INCLUDES all accom, transportation, some meals, tour leader and local guides on this 16-day group tour of Spain, Morocco & Portugal. **VISIT** Madrid, Granada, Fez, Marrakesh, Casablanca, Seville, Lisbon and more.

Ireland FROM **\$2360**
INCLUDES all accom, transportation, some meals, tour leader and local guides on this 12-day group tour of Ireland. **VISIT** Dublin, Waterford, Killarney, Cork, Belfast, Galway, Giants Causeway, Limerick, Londonderry and more.

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